SWEET Potato cookbook

RECIPES TO MAKE TODAY WITH SWEET POTATOES

BY NADIA SANTA

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BY

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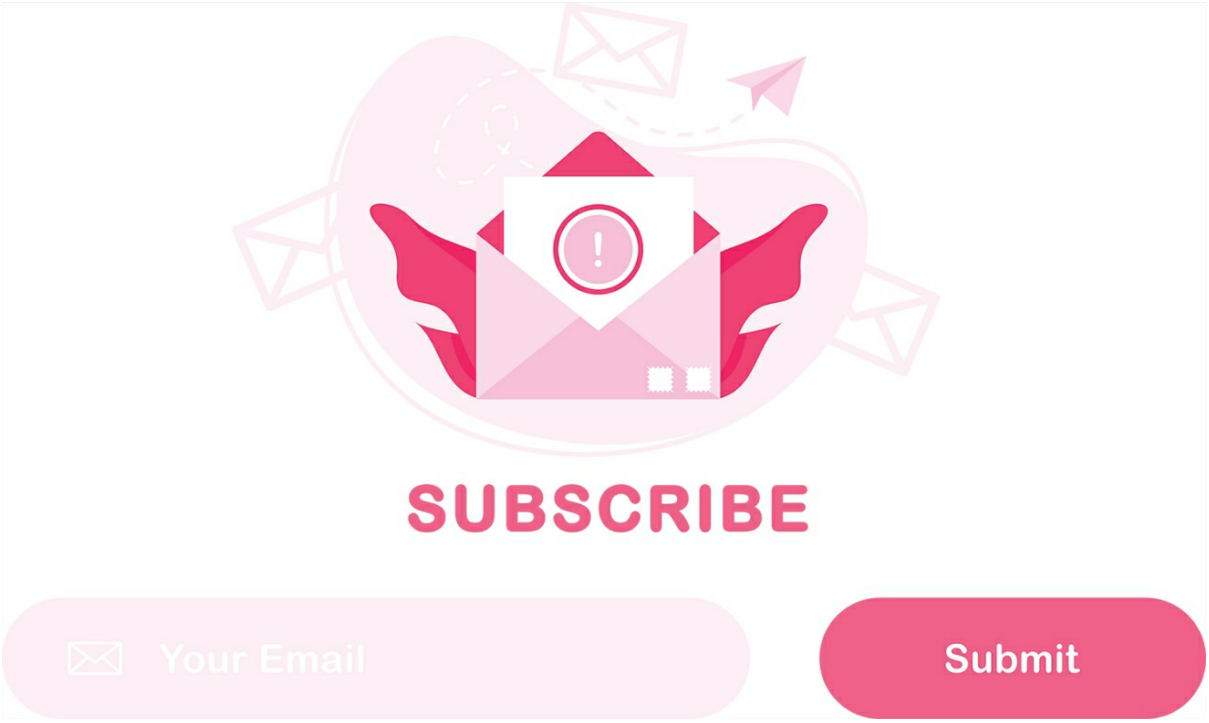

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Introduction

Sweet potatoes are consumed worldwide. They are wholesome and tasty at the same time. From the many varieties that potatoes hold, sweet potatoes possess importance in one's daily life. Who would not want to serve something to their kids and family members that are healthy and delicious, so they enjoy having it? Sweet potatoes contain many components from different nutrients that make them consumable for any age group of people.

Further, sweet potatoes have been associated with many other food items such as fits, vegetables, spices, meat, etc., so the flavor is renewed every time one tries a recipe of a sweet potato dish. You can find sweet potato recipes in the form of desserts, soups, main dishes, or side dishes.

Recipe 1 - Spicy Sweet Potato Kale Cannellini Soup

The iconic and astonishing combination of sweet and spicy will win everyone’s hearts.

Cooking Time: 1 hour 5 minutes

Serving Size: 12

Ingredients:

- Parmesan cheese (shredded) 1 cup
- Giardiniera 1/2 cup
- Olive oil as needed
- Heavy whipping cream 1/2 cup
- Fresh kale (chopped) 3 cups
- Cannellini beans (drained and rinsed) 2 cups
- Vegetable broth 1¾ cups
- Pepper 1/4 teaspoon
- Salt 1/2 teaspoon
- Red pepper flakes (crushed) 1 teaspoon
- Sage (rubbed) 1 teaspoon
- Granny smith apples, medium (chopped and peeled) 2

- Sweet potatoes, medium (cubed) 5
- Honey 1 teaspoon
- Garlic cloves (minced) 3
- Onion, medium (finely chopped) 1
- Olive oil 2 tablespoons

Instructions:

Take a 6-quart stockpot and heat the oil in it over medium-high flame.

Add the onion and cook and mix for 7 to 8 minutes until they become tender.

Add the garlic and cook for 1 more minute. Mix into it the broth, seasonings, honey, apples, and sweet potatoes.

Boil it ad lower the heat. Simmer it and cover for half an hour until the potatoes become tender.

Use an immersion blender to puree the soup or cool the soup slightly and puree it into batches into a blender. Return it into the pan.

Add the kale and beans and cook it. Keep it uncovered over medium flame for 15 minutes until the kale turns tender. Stir periodically.

Stir the cream into it and serve with the toppings as you desire.

Recipe 2 - Cranberry-Walnuts Sweet Potatoes

Take these incredible sweet potatoes on your holiday and enjoy the taste of walnuts and cranberry mixed with sweet potatoes.

Cooking Time: 1 hour 25 minutes

Serving Size: 8

Ingredients:

- Fresh chives (minced) 2 tablespoons
- Pepper 1/4 teaspoon
- Dijon mustard 1 teaspoon
- Walnuts (toasted and chopped) 1/2 cup
- Salt (divided) 1/4 teaspoon
- Cranberry juice 1/4 cup
- Maple syrup 1/3 cup
- Frozen or fresh cranberries 1 cup
- Onion (finely chopped) 1/4 cup
- Butter 1 tablespoon
- Sweet potatoes, large 4

Instructions:

To 400 degrees F, preheat the oven. Scrub the sweet potatoes and pierce them using a fork several times. Bake them for one hour until they become tender.

Meanwhile, in a small-sized saucepan, heat the butter over medium flame.

Add the onion, cook, and mix it until it becomes tender. Mix into it 1/8 teaspoon of salt, cranberry juice, syrup, and cranberries. Boil it, lower the heat, simmer it, and cover it for 10 to 15 minutes until the berries start to pop. Stir periodically.

Stir into it the mustard and walnuts, heat through.

When they are cool enough to handle, cut each of the potatoes lengthwise into halves. Sprinkle the remaining salt and pepper.

Top using some mixture of cranberry and sprinkle some chives.

Recipe 3 - Sausage-Sweet Potato Hash and Eggs

This an easy-to-make recipe with an exquisite taste and a confounding texture.

Cooking Time: 25 minutes

Serving Size: 4

Ingredients:

- Eggs, large 4
- Salt 1/4 teaspoon
- Pecans (chopped) 1/4 cup
- Green onions (sliced) 4
- Cranberries (dried) 1/4 cup
- Granny smith apples, medium (chopped) 2
- Sweet potatoes, cubed (peeled and 1/4-inch cubes each) 2
- Italian turkey sausage links (without casings) 4 1/8 cups

Instructions:

Take a large-sized skillet that is coated using the cooking spray, cook the sweet potatoes and the sausages over medium flame for 8 to 10 minutes

until the sausage is not pink anymore, breaking the sausage into crumbles.

Add salt, pecans, cranberries, and apple, cook and mix for 4 to 6 minutes until the potatoes are tender.

Remove the mixture from the pan, sprinkle some green onions. Keep it warm.

Wipe the skillet clean and use the cooking spray to coat it again; place the skillet over medium-high flame.

Break the eggs into the pan one after the other. Lower the flame to low. Cook until the desired doneness is achieved. Turn after the whites are set if you prefer.

Serve it with the hash.

Recipe 4 - Roasted Sweet Potato and Prosciutto Salad

The iconic combination of sweet potato and prosciutto is wholesome as the prosciutto are nutritional powerhouses.

Cooking Time: 1 hour 15 minutes

Serving Size: 8

Ingredients:

- Honey 1 teaspoon
- Lemon juice 1 tablespoon
- Green onions (divided and sliced) 2
- Sweet red pepper (finely chopped) 1/4 cup
- Pecans (chopped and toasted) 1/3 cup
- Radishes (sliced) 1/2 cup
- Prosciutto (thinly sliced and julienned) 1/2 cup
- Pepper 1/8 teaspoon
- Salt (divided) 1/2 teaspoon
- Olive oil (divided) 4 tablespoons
- Sweet potatoes, medium (peeled and cubed into 1-inch) 3

Instructions:

To 400 degrees F, preheat the oven. Place the sweet potatoes in a greased baking pan (15x10x1 inches).

Drizzle 2 tablespoons of oil and sprinkle 1/4 teaspoon of salt and pepper and toss them properly. Roast for half an hour, and still periodically.

Sprinkle some prosciutto over the sweet potatoes and roast it for 10 to 15 minutes until the sweet potatoes are tender and the prosciutto is turned crispy.

Transfer the mixture to a large-sized bowl, and let it cool down slightly.

Add half of the green onions, red pepper, pecans, and radishes. Take a small-sized bowl, whisk the salt, the remaining oil, honey, and lemon juice until well blended.

Drizzle it over the salad; toss properly to combine. Sprinkle with the remaining green onions.

Recipe 5 - West African Chicken Stew

Try this incredible meal to get transported into a new culinary world where the stew is the king of all the main course meals.

Cooking Time: 50 minutes

Serving Size: 8

Ingredients:

- Brown rice (hot and cooked) as you like

- Cayenne pepper 1/4 teaspoon
- Dried thyme (divided) 1/2 teaspoon
- Peanut butter(creamy) 1/4 cup
- Chicken broth (reduced-sodium) 1 cup
- Sweet potato, large (peeled and 1-inch cubes cut) 1
- Crushed tomatoes 3 ½ cups
- Black-eyed peas (drained and rinsed) 2 cups
- Fresh ginger root (minced) 2 tablespoons
- Garlic cloves (minced) 6
- Onion, medium (thinly sliced) 1
- Canola oil (divided) 3 teaspoons
- Pepper 1/4 teaspoon
- Salt 1/2 teaspoon

- Chicken breasts (skinless, boneless, and cut into cubes 1-inch) 2 cups

Instructions:

Sprinkle some pepper and salt over the chicken. Cook the chicken over medium flame in two teaspoons of the oil for 5 minutes in a Dutch oven until the chicken is no longer pink; Take the chicken out of the oven and put it aside.

Into the same pan, sauté the onion in the oil that is remaining until it becomes tender. Add the ginger and garlic; cook for one more minute.

Stir into it the cayenne, 1¼ teaspoons of thyme, peanut butter, broth, sweet potato, tomatoes, and peas.

Boil them and lower the heat; cover it and let it simmer for 15 to 20 minutes until the potato becomes tender. Add the chicken and heat through properly.

If desired, serve it with rice. Sprinkle using the thyme that is remaining.

Recipe 6 - Gouda Mixed Potato Mash

This cheesy and incredible potato mash is just what you are going to crave in the future. Try this variety of potato mash today.

Cooking Time: 35 minutes

Serving Size: 12

Ingredients:

- Pepper 1/2 teaspoon
- Paprika 1 teaspoon
- Salt 1/2 teaspoon
- Gouda cheese (shredded) 1 cup
- 2% milk 1/2 cup
- Sweet potatoes, medium (cubed and peeled) 2
- Yukon gold potatoes, medium (cubed and peeled) 6

Instructions:

Place sweet potatoes and Yukon Gold into a Dutch oven. Add water to cover the ingredients. Boil them, and then lower the heat.

Cook it, but leave it uncovered for 10 to 15 minutes until they become tender. Drain them and put them back into the pan.

Mas the potatoes and gradually add the milk. Mix into it the pepper, salt, paprika, and cheese.

Recipe 7 - Two-Tone Baked Potatoes

Wait for everyone to praise your cooking skills as you serve them this flavorsome meal made from sweet potatoes.

Cooking Time: 1 hour 45 minutes

Serving Size: 12

Ingredients:

- Salt (divided) 1½ teaspoons
- Fresh chives (minced and divided) 4 tablespoons
- Cheddar cheese (shredded) ¾ cup
- 2% milk 1/3 cup
- Sour cream (divided) 2/3 cup
- Sweet potatoes, medium 6
- Russet potatoes, medium 6

Instructions:

To 400 degrees F, preheat the oven. Scrub the sweet potatoes and the russet; use a fork to Pierce them several times. Place it into foil-lined pans (15×10×1).

Bake for 1 hour to 1 hour 10 minutes until they become tender. Reduce the

settings of the oven to 350 degrees F.

When it is cool enough to hold the handle, cut all the russet potatoes one-third from the top. Discard all the tops and save the others.

Scoop out the pulp and leave only ½ inches thick shells. Take a bowl, mash the pulp, add 1/3 cup of sour cream, ¾ teaspoon of salt, 2 tablespoons of choices, cheese, and milk.

Spoon the mixture of russet potato into half of every sweet potato skin and russet.

Spoon the mixture of sweet potato into another half. Return it to the pan. Bake for 15 to 20 minutes until it is properly heated.

Recipe 8 - Sweet Potato Lentil Stew

This slow-cooker lentil stew has a spicy aroma that is worthy of serving your family.

Cooking Time: 5 hours 15 minutes

Serving Size: 6

Ingredients:

- Fresh cilantro (minced) 1/4 cup
- Vegetable broth 5¼ cups
- Cayenne pepper 1/4 teaspoon
- Ginger, ground 1/4 teaspoon
- Cumin, ground 1/2 teaspoon
- Garlic cloves (minced) 4
- Onion, medium (chopped) 1
- Carrots, medium (cut into pieces 1 inch) 3
- Dried lentils (rinsed) 1½ cups
- Sweet potatoes, medium (peeled and cut into pieces 1 inch) 2¼ cups

Instructions:

Take a 3-quart cooker (slow) and gather the last nine ingredients. Cook

them but do not cover.

Cook on low flame for 5 to 6 hours until the lentils and vegetables become tender. Mix into it the cilantro.

Recipe 9 - Sweet Potato and Egg Skillet

This meal is not only mouthwatering and exceptional, but also it is wholesome and has loads of nourishment.

Cooking Time: 25 minutes

Serving Size: 4

Ingredients:

- Pepper (coarsely ground) 1/8 teaspoon
- Eggs, large 4
- Baby spinach (fresh) 2 cups
- Dried thyme 1/8 teaspoon
- Salt (divided) 1/2 teaspoon
- Garlic clove (minced) 1
- Sweet potatoes, medium (shredded and cubed) 4 cups

Butter 2 tablespoons

Instructions:

Take a heavy skillet or a large cast-iron. Heat the butter in it over a low flame. Add thyme, 1/4 teaspoon of salt, garlic, and sweet potatoes. Cover it and cook for 4 to 5 minutes until the potatoes turn tender. Stir

periodically.

Mix the spinach in it and stir for 2 to 3 minutes until it wilts.

Use the back of a spoon to make four wells in the mixture of potatoes. Break one of the eggs into each of the wells.

Sprinkle some pepper and the salt that is remaining on the eggs. Cover it and cook for 5 to 7 minutes on medium-low flame until the egg whites are set entirely, and the yolk begins to thicken but make sure it is not hard.

Recipe 10 - Grilled Three-Potato Salad

This potato salad is a delicious and luscious twist on the traditional potato salad.

Cooking Time: 35 minutes

Serving Size: 6

Ingredients:

- Pepper 1/4 teaspoon
- Celery seed 1/2 teaspoon
- Salt 1 teaspoon
- Dijon mustard 1 tablespoon
- White wine vinegar 3 tablespoons
- Canola oil 1/4 cup
- Green onions (thinly sliced) 1/ cup
- Sweet potato, medium (peeled) 1
- Red potatoes 1 ¾ cup
- Yukon gold potatoes 1 ¾ cup

Instructions:

Place the sweet potato and the potatoes in a Dutch oven; cover it and let it simmer for 15 to 20 minutes until they turn tender.

Drain the mixture and cool it down. Cut it into chunks of 1 inch each.

Put the mixture of potatoes in a basket or a grill wok. Grill it for 10 to 12 minutes over medium flame until it turns brown. Stir periodically.

Transfer the mixture into a large-sized salad bowl; add the onions.

Whisk the pepper, celery seed, salt, mustard, vinegar, and oil.

Drizzle over the mixture of potato and toss well to coat properly. Serve it at room temperature or just warm.

Recipe 11 - Sweet Potato and Black Bean Chili

This is such an easy-to-make meal that is mouthwatering and flavorsome, making it perfect for serving this in a family gathering.

Cooking Time: 1 hour

Serving Size: 8

Ingredients:

- Monterey Jack cheese or Mexican cheese blend (shredded and reduced-fat) 1/2 cup
- Pepper 1/4 teaspoon
- Salt 1/2 teaspoon
- Honey 2 tablespoons
- Brewed coffee ¼ cup
- Tomatoes (diced and undrained) 3 ½ cups
- Black beans (drained and rinsed) 2 cups
- Cayenne pepper 1/4 teaspoon
- Ground cumin 1 teaspoon
- Garlic cloves (minced) 3
- Chili powder 2 tablespoons
- Olive oil 1 tablespoon
- Onion, large (chopped) 1

- Sweet potatoes, large (peeled and cut into cubes ½ inch each) 3

Instructions:

Take a Dutch oven (nonstick) coated using the cooking spray. Sauté the onion and sweet potatoes in the oil until they turn crisp-tender.

Add the cayenne, cumin, garlic, and chili powder; cook them for 1 more minute. Stir into it the pepper, salt, honey, coffee, tomatoes, and beans.

Boil it and lower the flame. Cover it and let it simmer for half an hour until sweet potatoes turn tender.

Sprinkle some cheese over it.

Recipe 12 - Southern Loaded Sweet Potatoes

Calorie overload is sidestepped by puffing the sweet potatoes with coleslaw. Yes, make these loaded fries and forget about calories today.

Cooking Time: 6 hours 15 minutes

Serving Size: 8

Ingredients:

- Garlic salt 1/4 teaspoon
- Celery seed 1/2 teaspoon
- Cider vinegar 2 tablespoons
- Mayonnaise (reduced-fat) 1/2 cup
- Plain Greek yogurt (fat-free) 1/2 cup
- Coleslaw mix 3 cups
- Sweet potatoes, medium 8
- Beef broth (reduced-sodium) 1 cup
- Salt ½ teaspoon
- Cayenne pepper 1 teaspoon
- Brown sugar 1 tablespoon
- Garlic powder 1 teaspoon
- Dijon mustard (divided) 1/2 cup
- Meat (boneless and roast) 4 cups

Instructions:

Place the roast in a slow cooker (3-quart). Take a small-sized bowl, mix ¼ teaspoon of salt, cayenne, garlic powder, brown sugar, and 1/3 cup of mustard; brush it over the meat.

Add the broth; cover it, and cook for 6 to 8 hours until the meat turns tender.

Meanwhile, to 400 degrees F, preheat the oven. Scrub the potatoes; Use a fork to pierce them several times. Bake for 45 to 50 minutes until tender.

Take a large-sized bowl and place the mixture of coleslaw in it.

Take a small-sized bowl, whisk salt, mustard that is remaining, garlic salt, celery seed, vinegar, mayonnaise, and yogurt; pour it over the mixture of coleslaw and toss to coat it properly.

Remove the roast and let it cool down slightly. Use two forks to shred the meat; return it to the slow cooker.

Use a sharp knife to cut an X shape in every potato. Fluff the pulp using a fork.

Take a slotted spoon to place the mixture of meat and the mixture of coleslaw on each potato.

Recipe 13 - Rosemary Sweet Potato Fries

Get ready to make such fries that will thrill you with their mouthwatering and luscious flavor.

Cooking Time: 45 minutes

Serving Size: 4

Ingredients:

- Sweet Potatoes, large (peeled and cut into julienned strips 1/4-inch each) 3
- Pepper 1/8 teaspoon
- Salt 3/4 teaspoon
- Cornstarch 1 teaspoon
- Garlic Clove (minced) 1
- Fresh Rosemary (minced) 1 tablespoon
- Olive Oil 3 tablespoons

Instructions:

To 425 degrees F, preheat the oven. Take a large plastic bag (resealable), gather the last six ingredients.

Add the sweet potatoes and shake well to coat properly.

Arrange in one layer on two baking pans (15×10×1-inches) that are coated using the cooking spray. Do not cover and bake for 30 to 35 minutes until lightly browned and tender. Turn occasionally.

Recipe 14 - Sweet Potato Salad with Orange Dressing

This delightful sweet potato salad is a lovely side that has its importance and goes with any entrée.

Cooking Time: 40 minutes

Serving Size: 10

Ingredients:

- Walnuts (toasted and chopped) 1/4 cup
- Pecans (toasted and chopped) 1/2 cup
- Cranberries (dried) 1/2 cup
- Fennel bulb (finely chopped) 1 cup
- Granny smith apple, medium (chopped and peeled) 1
- Pepper 1/4 teaspoon
- Salt 1/4 teaspoon
- Fresh ginger root (minced) 1 ½ teaspoon
- Orange zest (grated) 1 ½ teaspoon
- Honey 1 tablespoon
- Orange juice 2 tablespoons
- Mayonnaise (fat-free) 1 cup

- Sweet potatoes, medium (cubed and peeled) 6 cups

Instructions:

Place the sweet potatoes in the Dutch oven and cover them with water. Boil them and lower the flame, cover and cook for eight to 10 minutes until they turn tender. Drain them.

Meanwhile, take a large-sized bowl, mix pepper, salt, ginger, orange zest, honey, orange juice, and mayonnaise.

Stir into it the walnuts, pecans, cranberries, fennel, and apple. Add the sweet potatoes and toss gently to coat properly. Refrigerate them, cover and serve cold or just serve warm.

Recipe 15 - Honey-Roasted Chicken and Root Vegetables

Swerve this at your dinner table at a gathering because it is easy to make in large quantities.

Cooking Time: 1 hour 5 minutes

Serving Size: 6

Ingredients:

- Bay leaves 3
- Chicken stock 2 cups
- Fennel bulbs, medium (chopped) 2
- Carrots, medium (chopped and peeled) 4
- Sweet potatoes, medium (chopped and peeled) 3
- Honey (divided) 3 tablespoons
- Pepper 1 teaspoon
- White wine 1/2 cup
- Chicken breast (skinless and boneless halves) 6
- Salt 1 teaspoon
- Butter 1 tablespoon
- Olive oil (divided) 2 tablespoons

- Fresh thyme (minced) 1 teaspoon
- Fresh rosemary (minced) 1 teaspoon

Instructions:

To 375 degrees F, preheat the oven. Gather thyme, rosemary, pepper, and salt. Take a large-sized skillet, cook 1 tablespoon of olive oil and the butter over medium flame.

Sprinkle half of the mixture of seasoning over the chicken breasts. Add it to the skillet and cook for 2 to 3 minutes on each side until the color turns golden brown. Remove it and put it aside.

Add 2 tablespoons of honey and wine to the pan and cook for 2 to 3 minutes. Keep stirring, so the browned bits are loosened.

Gather fennel, carrots, and sweet potatoes in a bowl (microwave safe). Add the honey, seasonings, and olive oil to the vegetables, and stir well to combine. Microwave them for 10 minutes, cover until the potatoes turn tender.

Transfer the vegetables to a roasting pan (shallow). Add the chicken stock, the wine mixture, and the bay leaves; top the vegetables with the chicken.

Roast for 25 to 30 minutes until the inserted thermometer reads 165 degrees. Discard the bay leaves and serve with sauce and vegetables.

Recipe 16 - Sweet Potato Fries with Blue Cheese

Sweet Potatoes bring nutrition to these fries while the other spices make up the mouthwatering and incredible flavor.

Cooking Time: 25 minutes

Serving Size: 2

Ingredients:

- Blue cheese (crumbled) 3 tablespoons
- Salt 1/4 teaspoon
- Apricot preserves 1 tablespoon
- Sweet potatoes, medium (peeled and cut into pieces 1/2-inch thick each) 2
- Olive oil 1 tablespoon

Instructions:

Take a large-sized skillet, heat the oil over medium flame.

Add the sweet potatoes and cook for 12 to 15 minutes until they are tender, and the color turns light brown. Turn them occasionally while you cook.

Add the preserves and mix well to coat properly. Sprinkle some salt and top over with the cheese.

Recipe 17 - Sweet Potato and Bean Quesadillas

This is such a fun, fast, easy, and delicious recipe with an exceptionally iconic flavor and aroma.

Cooking Time: 30 minutes

Serving Size: 4

Ingredients:

- Salsa 3/4 cup
- Pepper Jack Cheese (shredded) 1/2 cup
- Black Beans, canned (drained and rinsed) 3/4 cup
- Wheat Tortillas, whole 4
- Sweet Potatoes, medium

Instructions:

Scrub the sweet potatoes and use a fork to pierce them numerous times. Place them on a plate (microwave-safe).

Do not cover, and microwave on high for 7 to 9 minutes until they tie tender. Turn the sweet potatoes once only.

When they cool down enough that it is easy to handle, then cut all the potatoes lengthwise into halves.

Scoop the pulp out of them and spread it onto half of all the tortillas. Top them with cheese and beans. Fold the half of the tortillas that are left over the filling.

Heat a skillet (cast-iron) or a griddle over medium flame. Cook the quesadillas for 2 to 3 minutes on each side until the cheese melts and they turn golden brown. Serve it with salsa.

Recipe 18 - Orange-Glazed Beef with Sweet Potatoes

The combination of sweet and spice makes it even more astonishing, and when you glaze it with orange, that is something else.

Cooking Time: 1 hour 15 minutes

Serving Size: 6

Ingredients:

- Beef tenderloins 2
- Ground ginger 1 teaspoon
- Cornstarch 2 teaspoons
- Ground cinnamon 1 teaspoon
- Brown sugar 2 tablespoons
- Orange juice 1 cup
- Pepper 1/2 teaspoon
- Salt 1 teaspoon
- Orange, medium 1
- Apples, medium 2
- Sweet potatoes, medium 2

Instructions:

To 350 degrees F, preheat the foil. Core the apples and peel the sweet potatoes.

Cut the orange, potatoes, and apples crosswise into thick slices ¼ inch each. Arrange them in a baking pan (foil-lined) 15x10x1 inches that are coated using the cooking spray.

Sprinkle some pepper and salt and roast for 10 minutes.

Meanwhile, take a bowl (microwave-safe) and mix ginger, cinnamon, cornstarch, brown sugar, and orange juice in it. Cover it and microwave for 1 to 2 minutes on high until thickened. Stir after every 30 seconds. Stir until it turns soft and smooth.

Place the beef over the mixture of sweet potato, and drizzle using the mixture of orange juice. Roast for 45 to 55 minutes until the inserted thermometer in the beef reads 145 degrees and the apples turn tender.

Take it out of the oven, and tent it using the foil. Let it rest for 10 minutes before you slice to serve.

Recipe 19 - Curried Sweet Potato Wedges

Roasted sweet potatoes with smoked paprika and curry will delight everybody at the table.

Cooking Time: 25 minutes

Serving Size: 4

Ingredients:

- Mango chutney as needed
- Fresh cilantro (minced) 1 tablespoon
- Pepper (coarsely ground) 1/8 teaspoon
- Smoked paprika 1/2 teaspoon
- Curry powder 1 teaspoon
- Salt 1/2 teaspoon
- Olive oil 2 tablespoons
- Sweet potatoes, medium (wedges 1/2 inch) 2

Instructions:

To 425 degrees F, preheat the oven. Place the sweet potatoes into a large-sized bowl. Mix the seasonings and that oil, and drizzle over the sweet potatoes.

Toss well to coat properly. Transfer it to an increased baking pan (15x10x1 inches).

Roast for 15 to 20 minutes until they become tender. Turn them occasionally. Sprinkle some cilantro. Serve with the mango chutney if desired.

Recipe 20 - Apple and Sweet Potato Quinoa

Such a tasty, quick, and filling meal that is going to win hearts. You may have tried various quinoa, but this one is the best, hands down.

Cooking Time: 30 minutes

Serving Size: 6

Ingredients:

- Black beans (drain and rinsed) 2 cups
- Salt 1/2 teaspoon
- Additional stock or white wine 1/2 cup
- Honeycrisp apples or gala, medium (cut into slices 1/4 inch each) 3
- Shallots (finely chopped) 2
- Sweet potatoes, medium (peeled and cut into pieces 1/2 inch each) 3
- Canola oil 2 tablespoons
- Quinoa (rinsed) 1 cup
- Vegetable or chicken stock 2 ¼ cups

Instructions:

Take a large-sized saucepan, gather quinoa and stock, and bring them to a

boil. Lower the flame, cover, and let it simmer for 15 to 20 minutes until the liquid almost absorbs. Remove it from the heat.

Meanwhile, take an 8 or 6 quarts stockpot and heat oil on medium heat.

Add the shallots and sweet potatoes, then stir them. Cook for about 5 minutes. Add the apples and cook and mix for 6 to 8 minutes longer until the apples and potatoes turn tender.

Add into it the salt and wine and stir well. Boil them but do not cover them. Cook until the wine evaporates for about a minute.

Add into it the quinoa and black beans, and heat through properly.

Recipe 21 - Sweet Potatoes with Cilantro Black Beans

If you are a vegan, this meal has to be the best one for you so far because of the tasty ingredients used in it.

Cooking Time: 20 minutes

Serving Size: 4

Ingredients:

- Fresh cilantro (minced) ¼ cup
- Garlic salt ¼ teaspoon
- Ground cumin 1 teaspoon
- Peanut butter (creamy) 1 tablespoon
- Lime juice 2 tablespoons
- Corn (frozen) ¼ cup
- Salsa ½ cup
- Black beans (drained and rinsed) 2 cups
- Green onions (chopped)
- Red pepper, small (sweet and chopped) 1
- Olive oil 1 tablespoon
- Sweet potatoes, medium 4

- Additional fresh cilantro (minced) as needed

Instructions:

Scrub the sweet potatoes and use a fork to pierce them several times. Place them on a plate (microwave-safe). Do not cover, and microwave on high for 6 to 8 minutes until they turn tender and turn them once only.

Meanwhile, take a large-sized skillet. Add the green onions and pepper, stir and cook for 3 to 4 minutes until they turn tender.

Stir into it the lime juice, corn, salsa, beans, garlic salt, cumin, and peanut butter. Stir into the cilantro.

Use a sharp knife to cut an X shape in every sweet potato. Use a fork to flush the pulp. Spoon the mixture of beans over the potatoes. Sprinkle the additional cilantro if desired.

Recipe 22 - African Peanut Sweet Potato Stew

This is such a rich and exquisite meal that you get addicted to it. The stew has a perfect sweet and nice taste that you are going to love it.

Cooking Time: 6 hours 20 minutes

Serving Size: 8

Ingredients:

- Peanuts (chopped) as you like
- Fresh kale (chopped) 8 cups
- Additional cilantro leaves as needed
- Water 1 cup
- Garbanzo beans or chickpeas (drained and rinsed) 2 cups
- Sweet potatoes, medium (peeled and cut into pieces 1 inch each) 6
- Smoked paprika 1/4 teaspoon
- Ground cinnamon 1/2 teaspoon
- Salt 1 teaspoon
- Ground cumin 2 teaspoons
- Peanut butter (chunky) 1/2 cup
- Cilantro leaves (fresh) 1 cup

- Tomatoes (undrained and diced) 3 ½ cups

Instructions:

Place the last eight ingredients into a food processor or a blender and process until properly pureed. Transfer the mixture to a five-quart slow cooker, stir in water, beans, and sweet potatoes.

Cover it and cook on low for 6 to 8 hours until the potatoes become tender. Add the kale into it in the last 30 minutes.

Top each of the servings with additional cilantro and chopped peanuts if desired.

Recipe 23 - Rustic Vegetable Frittata

This is such an easy but rich and wholesome recipe that you will even love its leftovers.

Cooking Time: 30 minutes

Serving Size: 4

Ingredients:

- Fresh kale (coarsely chopped) 2 cups
- Red onion (chopped) 1/2 cup
- Green pepper, small (chopped) 1
- Beef, center-cut (coarsely chopped) 6
- Pepper 1/8 teaspoon
- Salt 1/4 teaspoon
- Milk (fat-free) 3 tablespoons
- Eggs, large 7
- Water 2 tablespoons
- Sweet potato, medium (peeled and cut into slices ¼ inch each) 1

Instructions:

Two 375 degrees F, preheat the oven.

Place the water and sweet potatoes in a bowl (microwave-safe). Cover and microwave on high for 5 to 6 minutes until the potatoes are tender. Drain them.

Meanwhile, whisk together pepper, salt, milk, and eggs. Take a 10-inches skillet (oven-safe), cook the beef over medium flame until it turns crispy, and stir periodically. Remove all but 1 tablespoon of the drippings from the pan.

In the drippings, sauté the kale, green pepper, and onion over medium flame for 5 to 6 minutes until they turn tender. Lower the heat and mix in the mixture of egg and add the beef and potato. Cook until the eggs set partially for 1 to 2 minutes.

Transfer it to the oven, bake for 5 to 7 minutes until the eggs are properly set. Cut it into wedges.

Recipe 24 - Slow Cooker Sweet Potato Soup

The best part about this confounding soup is that you can substitute the toppings according to your flavors and taste.

Cooking Time: 5 hours 15 minutes

Serving Size: 8

Ingredients:

- Pepitas as you like
- Sour cream 1/2 cup
- Chicken broth (reduced-sodium) 6 cups
- Chipotle pepper (ground) 1/8 teaspoon
- Dried thyme 1/4 teaspoon
- Pepper 1/2 teaspoon
- Celery flakes dried 1 teaspoon
- Salt 1/2 teaspoon
- Dried onion (minced)
- Worcestershire sauce 1 tablespoon
- Butter 2 tablespoons
- Sweet potatoes (peeled and cut into cubes 1 inch each) 8 cups

Instructions:

A four-quart or a five-quart slow cooker gathers all the ingredients leaving the pepitas and sour cream.

Cover then cook on low for 5 to 6 hours until the potatoes turn tender.

You can use the immersion blender to puree your soup. On the other hand, let it cool down slightly. Puree the soup in the blender in various batches; return to the slow cooker and heat through properly.

Top the servings with pepitas and sour cream if desired. If you do not want to blend, you have the freezing option to freeze the chilled soup in a freezer container. To use it, partially thaw it in the refrigerator for the night.

Heat through into a saucepan, stir periodically, add the water or broth if required.

Recipe 25 - Cinnamon Cream and Sweet Potato Pancakes

This dish is ideal to celebrate the aromas and tastes of fall. Bake these pancakes with cream and enjoy your day.

Cooking Time: 30 minutes

Serving Size: 12

Ingredients:

- Sour cream 1/2 cup
- Ground cinnamon 1/2 teaspoon
- Brown sugar (packed) 1/4 cup
- Softened Cream cheese 1 cup

For Pancakes:

- Nutmeg 1/2 teaspoon
- Canola oil 1/2 cup
- Onion (grated) 1/3 cup
- Apples, large (peeled and shredded) 3 cups
- Sweet potatoes, large (peeled and shredded) 6 cups
- Pepper 1/4 teaspoon

- Salt 1/2 teaspoon
- Eggs, large 6
- Flour, all-purpose 3/4 cup

Instructions:

Take a small-sized bowl, mix the cinnamon, cheese, and brown sugar until well blended. Beat into the sour cream. Put it aside.

In another bowl, combine the pepper, salt, nutmeg, flour, and eggs. Add the onion, sweet potatoes, and apples, and toss in order to coat properly.

Take a large-sized skillet (nonstick) and heat some oil. Work in batches and drop the sweet potato mix by 1/3 cup into oil and press them to flatten slightly.

Fry for about 3-4 minutes on every side until they turn golden brown. Drain on the paper towels.

Serve with the topping of cinnamon.

Recipe 26 - Spicy Sweet Potato Chips and Cilantro Dip

The combo in this dish is irresistible due to the mouthwatering taste and exquisite aroma.

Cooking Time: 45 minutes

Serving Size: 12

Ingredients:

- Cayenne pepper 1/8 teaspoon
- Pepper 1/4 teaspoon
- Taco seasoning 1/2 teaspoon
- Ground cumin 1/4 teaspoon
- Garlic powder 1/2 teaspoon
- Salt 1/4 teaspoon
- Chili powder 1 teaspoon
- Canola oil 2 tablespoons
- Sweet potatoes, large (peeled and cut into slices 1/8 inch each) 3

For Dip:

- Pepper 1/8 teaspoon
- Celery salt 1/2 teaspoon
- Lemon juice 1 ½ teaspoons
- Fresh cilantro (minced) 4 ½ teaspoons
- Cream cheese (softened) 1/8 cup
- Sour cream 1/2 cup
- Mayonnaise 3/4 cup

Instructions:

To 400 degrees F, preheat the oven.

Take a large-sized bowl and place the sweet potatoes into it.

Take a small-sized bowl and mix the seasonings and oil. Drizzle it over the potatoes and toss to coat properly.

Arrange half of the sweet potatoes into a single-layered into two ungreased baking pans (15x10x1 inches). Bake for 25 to 30 minutes until they turn golden brown. Turn them once only. Repeat the same process with the sweet potatoes that are remaining.

Take a small-sized bowl, and best the ingredients of the dip until well blended. Serve the chips with the dip.

Recipe 27 - Sweet Potato Crescents

These are light as air which makes them best to serve at a gathering. Make these today.

Cooking Time: 45 minutes

Serving Size: 36

Ingredients:

- Butter (melted) 1/4 cup
- Flour, all-purpose 5 ½ cups
- Salt 1 ½ teaspoons
- Egg, large 1
- Shortening 1/2 cup
- Warm water 1 cup
- Sugar ½ cup
- Sweet potatoes (mashed and drained) 2 cups
- Active dry yeast 1 tablespoon

Instructions:

Take a large-sized bowl, dissolve the yeast into the water, and let it rest for 5 minutes.

Beat into the salt three cups of flour, egg, shortening, sugar, and sweet

potatoes. Add enough of the flour that is remaining so that the stiff dough is formed.

Turn on a floured surface and knead for 6 to 7 minutes until elastic and smooth. Place onto a bowl (greased).

Turn once to grease the top. Cover it and let it rise into a warm place for 1 hour until it doubles.

Punch down the dough and divide it into thirds. Roll each portion into a circle (12 inches) and cut each of them into twelve wedges.

Use the butter to brush them, and roll them from the wide end up, and place the pointed end should be placed down (2 inches) apart onto the baking sheets (greased). Cover them and wait for 40 minutes to let them rise and double in size.

Bake for 14 to 15 minutes at 375 degrees F until the color turns golden brown. Remove them from the pans, and then transfer them to the wire racks to cool down completely.

Recipe 28 - Rigatoni with Roasted Sweet Potatoes

Buttery and rich cream sauce coat the sweet potatoes and past into this outstanding entrée

Cooking Time: 40 minutes

Serving Size: 7

Ingredients:

- Parmesan cheese (shredded)
- Walnuts (toasted and chopped) 1/2 cup
- Chicken broth 1/2 cup
- Heavy whipping cream 1 cup
- Butter 2 tablespoons
- Rigatoni (uncooked) 2 cups
- Pepper 1/8 teaspoon
- Sage leaves (dried) 1/2 teaspoon
- Salt 3/4 teaspoon
- Olive oil 1 tablespoon
- Garlic cloves (minced) 3
- Onion, medium (sliced and halved) 1

- Sweet potatoes, medium (cubed and peeled) 3

Instructions:

Place the onion and sweet potatoes in an ungreased baking pan (15x10x1 inches). Gather the pepper, sage, salt, oil, and garlic, drizzle the mixture over the vegetables and toss well to coat properly.

Do not cover and bake for 20 to 25 minutes at 400 degrees F until the potatoes turn tender and keep stirring periodically.

Meanwhile, cook the rigatoni by following the instructions on the package. Take a small-sized saucepan and melt that butter in it.

Stir in the chicken broth and cream. Bring it to a very gentle boil and cook for 10 to 12 minutes until it is slightly thickened.

Drain the rigatoni and place it into a large-sized bowl. Add the walnuts, cream sauce, and vegetables, and toss properly to coat well. Sprinkle the cheese over it.

Recipe 29 - Chipotle Shredded Sweet Potatoes with Beef

The smoky flavors in this incredible dish blend so well with this cheesy and creamy side dish.

Cooking Time: 4 hours 30 minutes

Serving Size: 10

Ingredients:

- Paprika 1/2 teaspoon
- Beef, applewood smoked (chopped and cooked) 2 cups
- Munster cheese (shredded) 2 cups
- Monterey Jack cheese or Manchego (shredded) 2 cups
- Cream cheese (softened) 1 ¼ cups
- Sweet potatoes, large (shredded and peeled) 4
- Kosher salt 1/2 teaspoon
- Pepper (coarsely ground) 1 teaspoon

For Topping:

- Chipotle pepper (ground) ¼ teaspoon
- Maple syrup 2 tablespoons

- Sour cream 1 cup
- Chipotle pepper (ground) 2 teaspoons
- Fresh parsley (minced) 1/4 cup
- Shallots (finely chopped) 2
- Sweet onion, large (finely chopped) 1
- Olive oil 2 tablespoons

Instructions:

Take a large-sized skillet, heat the oil over medium flame. Add the shallots and onion, cook and mix for 4 to 6 minutes until they get softened.

Transfer the mixture of onion to a large-sized bowl and stir in the seasonings and parsley. At the cheeses and sweet potatoes and mix well. Fold it into the chopped beef.

Transfer the mixture to a greased slow cooker that is 5-quart or 6-quart. Sprinkle it with paprika. Cover it and cook on low for 5 to 6 hours until the potatoes turn tender.

Take a small-sized bowl, mix all the topping ingredients, and then serve it with the sweet potatoes.

Recipe 30 - Sweet Potato Chili Bake

The best recipe for vegetarians to try and enjoy the flavor and aroma is this chili bake made with sweet potatoes.

Cooking Time: 50 minutes

Serving Size: 7

Ingredients:

- Jalapeno pepper (seeded and chopped) 1
- Cheddar cheese (shredded) 1
- Sour cream ½ cup
- Cheddar cheese (shredded) ½ cup
- Muffin mix/cornbread ¾ cup
- Pepper ½ teaspoon
- Salt 1 teaspoon
- Chili powder 3 teaspoons
- Brown sugar 4 ½ teaspoons
- Black beans (drained and rinsed) 2 cups
- Tomatoes (undrained and diced) 3 ½ cups
- Vegetable broth 2 cups
- Garlic clove (minced) 1
- Olive oil 1 tablespoon

- Sweet red pepper, medium (chopped) 1
- Sweet potato (peeled and cubed) 2 cups

Instructions:

Sauté the red pepper and sweet potatoes in an oven (Dutch) in the oil until the pepper turns crisp-tender. Add garlic and cook it for 1 more minute.

Add the pepper, salt, chili powder, brown sugar, beans, broth, and tomatoes. Bring it to a boil and lower the flame. Do not cover and let it simmer for 15 to 20 minutes until the potatoes turn tender.

Meanwhile, to 400 degrees F, preheat the oven.

Prepare the batter for cornbread by following the instructions on the package, stir in the cheese. Drop by the teaspoonfuls over the chili.

Cover it and bake for 18 to 20 minutes until the inserted toothpick comes out clean. Serve it with your favorite toppings.

Conclusion

Try these sweet potato recipes and win the hearts of all of your family members. It is assured that they all will praise your cooking skills as you will serve them such delicious and luscious food. You can follow this simple cookbook if you are only trying the recipe or even if you are learning a specific recipe. Serve these dishes at a gathering or just at your home; it will always be worth it, and you will never regret making any of these recipes.

By following the steps as directed, we hope you will find the answers to your question as we tried our best to assist you through all the ways we could. We look forward to you making these recipes for your folks and friends. If you are a beginner or a pro, this cookbook will always be at your help, and the directions of each recipe will make it easy for you to follow.

Here is to hoping that you have a happy and healthy life.

Until next time!

Author's Afterthoughts

Thank you for taking the time to read my work and buy my book. Readers like you are what makes my work so rewarding and I deeply appreciate it.

With so many books out there, I am elated that you picked mine! With all of those options, I am grateful you found the content of my book above and beyond.

I only ask one thing, please let me know what you thought of the book. Leave a review on Amazon.com and express your opinions, ideas, and criticisms. This type of feedback only makes me better and I would greatly appreciate it.

My sincerest thanks,

Nadia Santa

About the Author

Nadia Santa is a successful chef, business-owner and e-book author living in the San Fernando Valley in sunny California. As a young woman, Nadia headed off to Stanbridge University and planned on becoming a nurse like her mother. She didn't have enough money for tuition, so she got a part-time job in a restaurant in the kitchen. Starting off as a server, Nadia's interest in learning the ropes of the kitchen led to a serendipitous stint as an assistant chef and she fell in love! Fortunately, she wasn't too far into her studies and was able to transfer to the Institute of Culinary Education to study the culinary arts.

Nadia brought her exceptional talent with flavours and textures to the same restaurant she worked at and eventually became the head chef. Her skills increased the customer base and earned several awards for the restaurant.

Today, Nadia Santa still lives in California with her family and her love of cooking. She is busy writing e-books, running her restaurant and making delicious dishes for friends and family.

Keep a lookout for more from this dynamic, successful chef when she releases several new e-books in the future. She may not be a nurse, but her tasty food heals the hunger of thousands of her fans.